

The Friends of Aine Foundation's 4rd Annual **KID'S TRY-ATHLON** Sunday, August 14, 2016 • Bedford, NH

What is a TRY-athlon?

Our kid's TRY-athlon is a race that everyone between the ages of 4 and 15 can participate in and be successful. If you TRY your best, you will succeed!

It's also an opportunity for kids to have a chance to experience a race without the pressures of worrying if they can make the distances or not – we've designed it so that everyone is triumphant!

It's an opportunity to **TRY** something new!

Who Benefits from the TRY-athlon?

Lots of people benefit from participating in the Friends of Aine Kids Try-athlon.

The kids who race benefit because:

- emphasis on health and wellness
- feeling of accomplishment and success
- they will know that by their efforts, they have helped another child

Kids who are grieving benefit because:

100% of the proceeds from the event go to the expansion of child and teen bereavement programs at Home Health and Hospice Care, with a long term goal of establishing a center for grieving children in Aine's name.

What are the distances for each event?

Our try-athlon is made up of three events: swimming, running and biking.

- Ages 4 -10 swim 25 yards (no flotation devices allowed), run ½ mile and bike 1 mile
- Ages 11 -15 swim 50 yards (no flotation devices allowed), run 1 mile and bike 2 miles

What time should I arrive?

For the safety of our participants, **roads will be closing at 7:30am**. This will include parts of Nashua and County Roads, and the entrance road to the High School. We recommend you arrive no later than 7:15 to allow ample time to be ready for an 8am race start.

Where should I park?

Parking will be in the upper lots behind Ross Lurgio/Bedford High School. Please park and walk your bike to the Bike Drop location at the Town Pool. See the Course Map for more detail.

Where do I pick up my race bag and number?

Pre-Race Day bag pick-up will be on **Saturday, August 13, 9am-1pm** at the town pool. Race shirts, bib numbers and timing anklets will be included in your race bag.

What should I bring on race day?

- goggles
- towel
- clothing for bike and run segment (many participants choose to wear swimsuit with t-shirt)
- running shoes (any closed-toe shoe will do, running shoes are best)
- bicycle
- bicycle helmet--can't race without it!
- water bottle (there will be water along the course as well)
- sunscreen

Should I label my gear?

We strongly suggest labeling all of your gear using a Sharpie or some other identifiable mark.

Can I use an iPod while I race?

For safety reasons, we ask that no electronic devices be used.

Do I have to wear a helmet while biking?

All racers are required to wear bike helmets. Please be sure to bring it with you and leave it with your bike in the Bike Transition Area.

Are training wheels allowed?

Absolutely. All riders should be aware of other riders and allow them to pass when its safe/appropriate.

Are there water stations along the course?

Yes, there will be water stations available along the course route. It is important to stay hydrated so be sure to use them.

Will there be food available?

There will be food available for the racers at the finish line and concessions available for everyone.

Are bathrooms available?

Yes, there are bathrooms located at the town pool facility and there will be port-a- potty facilities at the high school.

What are the jumping roping and obstacle course about?

Aine loved to ride her bike, swim, jump rope and challenge herself so we wanted to give everyone an opportunity to do it all! The jump rope and obstacle course are for anyone who wants to give it TRY, whether you run the race or choose not to do the race..

Do I need to register to jump rope?

No, you don't need to register, however, anyone who participates in the jump rope will be required to sign a waiver. And a \$1 donation is appreciated!!

Do I need to register to do the Obstacle Course?

No, you don't need to register, however, anyone who participates in the obstacle course will be required to sign a waiver. And a \$1 donation is appreciated!!

What else can we do at the event?

We have raffles, music, face painting, merchandise, food and fun! And of course you'll want to hang out and wait for the awards.